Lakewood - Congresswoman Linda Sánchez awarded the Congressional Silver Medal for Volunteer Public Service, to Lakewood student Theresa Deister. Congress established the Congressional Awards program in 1979 to recognize initiative, achievement and service in young people. Sánchez hosted an awards ceremony at the district office, attended by Deister, her family, and volunteer organization leaders.

"I am honored to recognize Theresa Deister's high level of commitment to community service. She is an example to local youth of what can be achieved through hard work and dedication," said Congresswoman Linda Sánchez.

Deister has worked with local organizations such as The Red Cross, Rancho Los Alamitos and Campfire USA. Deister spent a large portion of her volunteer time with the Campfire USA program, where she learned camping and survival skills.

Deister is a 2003 honors graduate of Millikan High School in Long Beach and is now a freshman at the University of Utah, majoring in Geological Engineering, with minors in Earth Sciences, Drama, and Poetry. In June of 2003, Deister was also awarded the Service Above Self Award from the Long Beach Rotary Club.

"The City of Lakewood has benefited from Theresa Deister's desire to help others and to achieve her personal best. I would like to encourage other young people in Lakewood to consider getting involved in volunteering and public service, "said Congresswoman Linda Sánchez.

For more information regarding the Congressional Award Program please contact Congresswoman Linda Sánchez' District Office at 562-429-8499.